

## Facilitators

Julie Stegelmann is spiritual director and co-director of Pathways Retreat. Julie holds a Masters Degree in Spiritual Formation with an emphasis on Christian Spirituality. She is a consecrated diaconal minister in the Evangelical Lutheran Church in America. Julie is passionate about mind, body, and spirit integration and about embracing rhythms of living that heal, bless, and transform.

Steve Reshan is an ordained pastor in the Evangelical Lutheran Church in America. He earned an M.Div. from Trinity Lutheran Seminary and has nearly twenty five years of experience as a parish pastor. He is a spiritual director with experience in individual and group direction; he also has also completed a two year program in spiritual formation through Grace Institute.

## Cost and Registration

Total cost is \$600, lunch included.

Due to space limitations, registration is being held to six participants. In our attempt to be sensitive to, and to work with male/female spirituality, we desire the group to be equally comprised of females and males.

To register or for more information contact Julie Stegelmann at 574-202-2864 or email [julie@pathwaysretreat.org](mailto:julie@pathwaysretreat.org). For more information on Pathways Retreat visit our website: [pathwaysretreat.org](http://pathwaysretreat.org)

Deposit of \$300 is needed by August 15, 2011.

## TENDING THE SOUL

A Spiritual Formation Program  
for Lutheran Rostered Leaders

September 2011 - May 2012



309<sup>1/2</sup> Hackett Road

Goshen, IN 46528

[Pathwaysretreat.org](http://Pathwaysretreat.org)

## Foundation

We offer this program based on the understanding that each participant's intimacy with God in a prayerful life is the very beginning, source, and core of their life and ministry. Because our intimacy with God in a prayerful life is the very beginning, source, and core of their ministry, therefore each of us are called to become persons of prayer.

## Goals

The main goal of the program is to deepen personal spiritual formation and to help participants immerse in spiritual practices and prayer-forms that ground them in God.

Other goals are to develop skills in leading spiritual practices and to equip rostered leaders with practices for deepening vitality in ministry settings.

## Invitation

In this program participants shall find themselves joining the ongoing conversation and prayer of God on our behalf. The good news is that our spiritual formation is begun for us by God. The Spirit is already busy in us, whispering our names and drawing us more and more into the life of the Triune One. Our calling now is to touch into that prayer which is already begun and going on inside of us.

Pathways provides spiritual formation programming that seeks to help participants establish an integration, a healthy *rhythm of living* that includes community and solitude, work and rest, study and play, contemplation and action. It is our desire to support the growth of a Christian spirituality that equips and sustains rostered leaders in all aspects of life and facilitates ways of living that heal, bless, and transform.

## Dates

We will meet on Mondays, from 9.00 AM to 5.30 PM. The meeting dates will be:

- September 12
- October 10
- November 14
- December 12
- January 9
- February 13
- March 12
- April 9
- May 14

Following the day retreat, participants are invited to supper and table fellowship at a local restaurant, cost of supper not included.

## Session Themes

- Grace Centered Spirituality
- Symbols and Sacraments
- Worship and Spirituality
- Prayer as Communion/Contemplative Prayer
- Core Christian Spiritual Disciplines (Lectio Divina, Examen)
- Discernment
- Tending the Female Soul/Male Soul
- Developing a Rule of Life/Rhythm of Living